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SPOKE

A LEARNING NEWSROOM FOR JOURNALISM STUDENTS



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PHOTO BY KEILA MCCOONDAHY

Second-place winner Derek Balle (left to right), first-place winner Dennis Balle and third-place winner Thomas Roy stand with their hands held high after being presented with their trophies for the junior (23 years and under) category at the 2012 ORO Ontario Men's Bodybuilding Championships at Conestoga College on Sept. 22.

Conestoga student best in Ontario



PHOTO BY KEILA MCCOONDAHY

Conestoga College student Derek Balle takes a silver trophy prize with his trophy after winning the overall men's bodybuilding title at the bodybuilding championships.

BY KEILA MCCOONDAHY

Conestoga College student Derek Balle had a lot to work this weekend, but not in a traditional sport such as hockey or soccer.

Balle was first-place trophies in the junior men's bodybuilding, light heavyweight and overall men's bodybuilding categories at the 2012 ORO Ontario Men's Bodybuilding Championships, held at Conestoga College's Lakeshore Theatre on Sept. 22.

Balle came in first place in his weight class and a overall men's bodybuilding at the Henderson Thorne Classic last year and he was a guest guest at the same competition on July 9 in Ancaster. When he performed his routine just the beginning of the Sept. 22 show in the junior (23 years and under) category, Balle was the crowd-over by showcasing choice and confidence.

"I pulled that routine off the top of my head," Balle said.

Balle, the crowd went wild each time he came onto the stage.

When he came to showcase the overall bodybuilder title, the crowd was on the edge of their seats in anticipation. Some were shouting Balle's competitor was

for "You (Balle)!" One then said "You (Balle)!"

When Balle was presented as the winner, the crowd erupted into applause, cheers and hollers.

"We are the Champions by Queen" played as Balle received his trophy.

“He definitely has the ability to become a pro bodybuilder . . .”

— Mike McCready

After 15 weeks of a strict diet and intense regimen, Balle said it was the best feeling.

"That's no other way to say it: intense, explosive," he said.

He started working out full time to become a bodybuilder after he was injured while on the powerlifting team at his high school, Conestoga College Vocational Academy in Windsor, when he was 27. After the injury, Balle said he wanted to keep up his muscle and exercise regimen, and that's when he was introduced to bodybuilding.

Natural bodybuilding is body-

building without the use of drugs or steroids. "Competitors are tested by the Canadian Centre for Ethics in Sport (CCES) the same organization that tests Olympic athletes."

Gary Agnew and Mike McCready, both bodybuilders and current trainers at Balle's 2012 ORO in Windsor, coached Balle on posing, his cardiovascular and helped him with his diet.

McCready said all of the hard work that Balle put into training showed on stage.

"He definitely has the ability to become a pro bodybuilder if that's what he wants to do," said McCready.

Balle is in his third year of the accounting and audit information technology business program at Conestoga.

He said Conestoga school and training means his life is very scheduled and he lives by strict regimens.

"I split into all aspects of my life. When I'm focused on that, it helps me have a really successful kind of life. Everything will be scheduled out, like school and homework. I'm always doing something progressive and it keeps me positive. I love it," Balle said.

Now deep thoughts ... with Conestoga College

Random questions answered by random students

What is your favourite movie and why?



**"The Notebooks on Daniel
Brown because I'm a crap for romance."**

Angie Morphy,
last year
health office administrator

**"It Walks to Remember
because it has a good
storyline."**

Shawna Macdonald,
first year
health office
administrator



**"When Harry Met Sally... it's
cute and my boyfriend's
movie."**

Shawna Macdonald,
first year
health office administrator



**"Prest because it's a very
gripping storyline. Lots of
action."**

Gary Kiffin,
second year
paramedic, security and
investigation



**"Insan and koolha: I like that
it has not only history but it
has romance and action as
well."**

Shawna Macdonald,
second year
paramedic, security and
investigation



**"Top Secret because I
remember a police film
before."**

Matt Niles,
first year
paramedic and security



BY MIKE BOWMAN

Since 1968, Conestoga College's newspaper, *Spoke*, has been a cornerstone of the college's journalism program. Nine years after a century later, the college is celebrating its 50th with the launch of *Spoke TV*.

Spoke TV is a new component of the journalism-based core program for students in their third year. The weekly webcast, which will begin airing Oct. 15, will consist of an hour-and-a-half per week, open produced entirely by the students. The live to air broadcast will be provided on Tuesdays and uploaded to www.spokeonline.com within 24 hours.

Rachelle Cooper, who has been teaching at Conestoga's School of Media and Design since 2005, pitched the idea for the webcast to journalism co-ordinator Larry Conker last spring.

"I always thought the broad-based journalism students may not be a lot of a disadvantage," Cooper said, comparing them to their past program counterparts.

According to Cooper, the opportunity to work on the school newspaper gives the college's journalism grad students not only valuable industry experience but also a solid portfolio of clippings to present to potential employers. Broadcast students, on the other hand, graduated with lots of video experience but very little on television.

Conker agreed, adding that the pressures of working in a newsroom environment better prepare students for careers upon graduation.

"Our journalism broadcast students will get to understand more fully what it's like to actually work on a newsroom, work with a producer as he/she is making stories for that newsroom, delivering their product to industry standards, then being responsive to the audience and accountable for their work."

While other colleges across

Ontario have adopted a television component into their journalism programs, Cooper said none of the quality also focuses for Conestoga.

"A lot of colleges have news shows but the trend is not very much about from past to present. In my research, I couldn't really find a program of the quality I'm trying to shape for."

Cooper, who worked as a producer for Canada AM and CTV National News, said she spent much of the summer designing the program. Her first goal as executive producer of *Spoke TV* is to establish a tone and an image for the newcast.

"The target audience is college students, so we want stories that will appeal to their demographics," she said. "I don't want it to be a really serious, boring news and boring local." I want it to appeal to our demographics as I think the stories will be more fun, the language will be less formal and it will appeal to students.

The program is structured in a way that will allow students to gain experience in a multitude of roles, including anchor, reporter, videographer, producer, videographer, news director, technical producer and online producer. In addition to covering these beats each the students will rotate positions every week. To give them as real a work experience as possible, the program will also include writing and social media components.

"Eventually they'll have to meet about each of their stories," Cooper said. "I also want them to write small reports about their stories for the website. There are both things broadcast students are expected to do. You can't just shoot and edit to tell a story, you've got to write about it as well."

Mike Byles, a second-year broadcast journalism student, said he is looking forward to taking ownership of the product he will release upon graduation.

"The first that we really get

to make our own decisions, start to finish, is exciting. We get to play all the different roles and do it all."

As for the role he most enjoyed about?

"Anchor would be fun," Byles said. "But I think I'm looking most forward to being news director. It's a professional and I think I can teach people to do what needs to be done."

One of the issues is about whether or not to launch *Spoke TV* was whether it could potentially create new problems with the print site while said their weekly news pages.

"The answer, of course, is no," said Cooper. "We have the same students, which is to ensure the college community about what's going on at the college. It's all for the greater good of the college."

Conker said the convergence between the print and broadcast programs will both build the *Spoke* brand and strengthen the online presence of the program as a whole.

"It also reinforces the notion among our students that, in today's journalistic environment, all journalists must learn to multi-task using a variety of different tools and techniques," he added.

As far as objectives for the program go, Cooper expects the experience will give her students a leg up on grads who come from other colleges.

"These positions are as important, but what speaks the loudest, what you can say, 'I was a videographer for *Spoke TV*' as opposed to 'I did stories for my news production class' it's completely different."

Byles said there is more pressure being on all *Spoke TV*'s members, but it's an experience he hopes to continue in his third year.

"Hopefully being the first steps along it we don't wait the ship before it sets sail," he said. "I would really like to know it out of the park and make a better for next year's class to follow."



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Healthy food closer than you think

BY HEATHER KENTLEY

The first month of school is coming to an end, and many students are still learning how to live on their own for the first time. Making meals is often one of the biggest adjustments. It's why so many students only eat Kraft Dinner.

In reality, students can make healthier meals.

With local farmers and markets surrounding SUU, we are given multiple options to choose healthier and more cost-effective ways to eat. Foodlink Waterloo Region is a non-profit group that promotes eating locally. On their website, we find that as they talk about why knowing where your food is grown is important. It says that local food not only tastes better due to having less preservatives, but it also helps to support local businesses and decrease your personal ecological footprint.

An ecological footprint measures how much natural resources you use, and how that affects Earth's ability to continuously renew those resources. From filling up your tank with gas heating your house, and even knowing where your clothes are made and shipped from, becoming informed is every bit of a full change. Constance Collins at Foodlink the local food is open to you. With a new garden, Constance Jones, which blossomed this summer, students are being given how to grow their own food, and enjoy a few more vegetables environmentally as well.

"It's really about taking control over one of the most fundamental life necessities, and finding out if this isn't that difficult," said Vothakis.

After starting the garden, Vothakis said choosing food should really be an easy one.

"This new phase of production that demonstrates what farmers will grow and if they will grow anything. Supporting the local farmers supports our community and our overall health," she said.

When choosing local food, one option is visiting the St. Jacobs Farmers Market. It is open on Thursdays and Sundays, 10 a.m. to 3:30 p.m. and offers an abundance of fresh and healthy green vegetables, fruits and more. Going to a farmers' market is a great way to see how much



William Wiers, a local farmer, shows off his produce at the St. Jacobs Farmers Market on Sept. 25.

local business depend on their community. The market also gives students a cost-effective way to eat healthier food.

John Marlin, a professional nursing student in his first year, said being a student means looking at the dollar sign.

"The price doesn't right away. If the price was right on local food, I would choose it but it's about the money."

If you're a student who is using the bus to get around, you can also find local food in the grocery store. Students on food tell you where it is being sold, and therefore, how far it has travelled before it ends up on your plate.

A few laboratories in stores better than a few thousand laboratories.



HERE'S WHAT'S IN SEASON NOW

- Apples, leeks, choy, sweet corn, tomatoes (not cucumbers) (fresh green beans, cabbage, cauliflower, Brussels sprouts, spinach, carrots, parsnips, turnips, beets, mushrooms, onions, celery, white beans, potatoes, peas, green beans, pumpkin, potatoes, lentils, sweet potatoes, cucumbers, eggplants, peas and mushrooms).



When one person takes their life it's only for him to a coffee and sugar rush, but this isn't necessarily helpful.

Eating healthy not hard

BY JESSICA BAKER

Whether you sleep in and forget to pack a lunch five the fourth time in a month, or you're living with roommates who constantly steal your food, purchasing your meals can be a constant choice, but it doesn't have to be an unhealthy one.

Modifying your way through the sea of options to the selection of healthy ones, some available at Tim Hortons, Pura Pura, Mr. Sub and the many others, can be difficult. The options look around every corner, waiting to pull in various into a world of chemicals, heat and artificiality.

In a moment of constant distraction, it is easy to reach for a sugar rush, but this is one of the common symptoms students should fight off according to Peter Nere, president of the Apple a Day Nutrition Centre. Nere believes eating healthy allows their dietary and health goals.

"When you eat too many carbohydrates, which may come in the form of breads, pasta, dough, potatoes or in its purest form, simple sugar, then we tend to have high spikes in our energy levels and then huge crashes. The body is only designed to process carbohydrates in one-hour shots," she said, explaining that taking in a lot of sugar will only ever give a two-hour "high" followed by a crash.

This is why protein is the nutrient a student should reach for, especially when they are looking sleep.

"Protein helps to level out those energy spikes in our bloodstreams," Nere said, adding that protein can come not only from meats but rice, nuts and cheese.

However, carbs should not be avoided, and according to Nere, should actually make up about 55 per cent of a meal, while only 30 per cent of the meal should be protein.

The other 15 per cent should be made up of good fats such as those found in cheese or nuts.

So what are the best dining

options to fulfill the recommended plate proportions? Line Wood, executive chef at Conestoga College, said the easiest way to eat a nutritious meal is to buy food from places where there is no element of personal control over what goes into the plate.

"The first place you should avoid is health is the cafeteria, because it's entirely uncontrollable," said Wood, adding that there is a selection of fresh vegetables and meats available. However, Wood does not see eating healthy as any hard and fast rule, but believes in personal responsibility.

"We are should be surprised that happens and from it's not the greatest things in the world to put in your body, but I think that people should be allowed to please themselves and practice things in moderation" and Wood said, encouraging the planning and creation of Mountaineers' daily specials.

Nere agrees that moderation is important and that planning yourself with a great meal and again not to let food

"I always encourage people to have a pretty pleasant food that they want themselves to eat a week... It's amazing how knowing you have a great meal will make you stick to your guns" and Nere, who approves of a weekly trip to Pura Pura as a great food, but recommends staying for a shot with her of veggie.

Mr. Sub, Tim Hortons and Apple Jack's are all safe dining choices as well, as long as students are choosing items that are high in carbs and protein, and low in fatty fats such as creamy salad dressings and fried foods.

Above all else, both Wood and Nere advise students to keep nutrition top of mind in not just science and math, but in different. Personal preference, dietary concerns and convenience all vary from person to person, and when someone is unsure of what options are available, they should ask a chef.

It's never too late to succeed



PHOTO BY DANIEL MILAN

Even after a long day of class, web-development student Paul Ramcharitar spends his leisure time on the computer.

COUNSELLOR'S CORNER:

Mature Students

Post-secondary education is a journey of exploration, one that stretches comfort zones and embraces diverse ways of thinking and doing. Returning to school after years of being out in the workplace or raising a family can be intimidating, challenging, and sometimes unsettling, and depicts a wealth of life experiences from work, home, or prior training, adults find unsure of what is expected of them in the college environment.



Many mature students are apprehensive about returning to school and are concerned about how they will perform academically. Their challenges are different than those of younger students; including but not limited to: balancing parenthood and home life with school, and re-learning and re-developing study and research skills. It can take time to adjust and an important part of that adjustment included developing competence in learning, a willingness to utilize resources, and openness to learn from peers.

Here are a few observations about mature students that might ease some of the uncertainties about returning to learning:

- **KNOW THAT MOST ADULTS FEEL APPREHENSIVE ABOUT RETURNING TO LEARNING.** The truth is that most adults do very well if not better than they did before, and they actually enjoy it.
- **THINK ABOUT WHY YOU ARE RETURNING.** Don't be surprised if you find reasons other than the ones you had anticipated to continue your learning.
- **DO WHAT IS RIGHT FOR YOU.** There is no right way to do this. Think about what is important to you and how it will bear fit your life circumstances and goals.
- **MAKE YOUR WELL-BEING A PRIORITY.** Don't compromise on the things that keep you physically, emotionally, and spiritually well. Make sure you build them into your schedule.
- **DISCUSS YOUR PLANS.** Think about how others in your life might support you.

A message from Counselling Services

BY DANIEL MILAN

From tragedy to recovery and success, Paul Ramcharitar has proven that it's not impossible to get back on your feet.

Not only a talented computer application developer and student, he is also a Learning Commons English conversation partner and a former summer intern.

In May 2012, he started working alongside four other interns to help create the new Virtual Learning Commons service for students during the summer. He did a lot of hard work including HTML coding.

While working in the Learning Commons, he used the most precious experience in his career, disaster relief work during the final summer intern meeting.

"We shared our experience, and what we learned. I felt very grateful for all of the support from all of the staff as well as my fellow interns."

Even while being a father of two young girls, he is an accomplished student and is on the Dean's List at Connors with a 3.90 grade point average.

After a web development analyst, Andrew Spence was there to guide and assist Ramcharitar during his internship, and now Ramcharitar wanted to be very passionate about what he was doing.

"He always seemed very interested in interns and to prove himself," he said.

Ramcharitar first realized he was good with computers when he was 12 years old. He became interested in word processing programs, the paint program and video games. These then, computers have always been a key part of his life.

In 1998, he began studying at Malabar University for his bachelor of science degree. After graduating in 2000, he changed careers and went to York College in Calgary, Alta. to become a teacher. He decided not to teach, instead, he attended St. Thomas and went to Athabasca College for computer networking. His first post-graduate program in 2005, he graduated as a webmaster and was on the Dean's List.

Just before graduation, he got a job at Canadian Automobile Association's Information Technology Branch. After, he continued doing contract work then later worked for the Watrous Regional Police. He spent four years as a consultant for the collision reporting center. One of his

tasks included entering data into spreadsheets for motor vehicle collision reports.

Although he has accomplished a lot in his life, it didn't come without difficult setbacks. On July 16, 1996, around 11 a.m., he and his fiancée had an argument. He ended up in a security guard and started driving home. He later placed conversations in the hospital. Doctors couldn't really tell what happened but speculated that he fell asleep behind the wheel before having a concrete post. His fiancée drove past him on his way home.

"It was a very traumatic event," Ramcharitar said.

He later found out that he had fractured his right hand, had a hairline fracture in his arm, shattered some bones in his left foot and broke his upper jaw and some bones in his face including his nose. He spent a week and a half in intensive care and two and a half weeks in the burn and trauma unit.

"My nose was in the hospital, and when they took it out, the doctor said it was broken. He said it was broken. He said it was broken. He said it was broken."

He had reconstructive surgery to his face as a result of the accident. His upper and lower jaw had to be wired together, wiring was done along his eye and a metal plate was placed near his chinbone. The worst is his left eye was damaged which affected his peripheral vision for the past 16 years.

Due to the severe damage, it took him five years to complete a three-year program at Malabar because of how difficult it was to finish with. He said his dad's vision after looking down and sleeping with various lenses if the damage to his face. He has also been living with Type 2 diabetes since 2007.

After finishing his master's postgraduate program, he hopes to run his own business as an educator in web design, with technical and personal educational technology. He wants to help people who want to web design as just one of the careers.

"There are always people who want to learn the software or they want to design something, but they just don't offer to do it."

First years at risk of assault

BY LINDSEY FRASER

The first year of college at university can be an exciting time, but it's also when young women are most at risk of sexual assault.

The post-secondary age range can be the highlight of many young people's lives, but unfortunately, statistics show that every year some will be sexually assaulted," said Casey Condit-Smith, director of the Waterloo Region Sexual Assault and Domestic Violence Treatment Centre.

Many students have never been away from home and are unaccustomed to their new found independence and some may be experimenting with

alcohol and sexual activity for the first time.

"We know from statistics that first-year students are more vulnerable and at risk and we wanted to reach out to them and let those who are usually at higher risk know how to help," said Condit-Smith.

Last year, the centre helped about 300 victims of sexual assault — a third of whom were between the ages of 17 and 25. According to Statistics Canada, one in three women will experience some form of sexual assault after the age of 16, but fewer than one in 10 are reported to police.

While common safety tips — such as walking with a friend or avoiding large

drinking — are good ideas, they are not guarantees," said Condit-Smith.

"People who follow all the rules still get assaulted," she said, "It's the perpetrator who is to blame, not the victim."

The centre offers services in the emergency department of St. Mary's and Cambridge Memorial hospitals. Victims of sexual assault or domestic violence will receive rapid access to a specially trained nurse and social worker. They are treated in a safe space away from the hustle of the emergency room that offers quiet and privacy.

The centre team provides emotional support, medical

examination and collection of forensic evidence to those who have been sexually assaulted. They also provide ongoing counselling and can help victims to complete courses. The team also works closely with Waterloo Regional Police to support those who choose to report an attack.

Both hospitals, the emergency and nursing supervisor at Conestoga College, and there are many services in place on campus to help keep students safe.

The Waterloo service provides escorts to assist students and visitors in both campus during the school year between the hours of 8:45 p.m. and 10:30

p.m. Monday to Thursday. Walkback teams are located at both floors 1 and 6 and can escort you anywhere on college property, to the Conestoga College Residence and to nearby homes.

Security staff is also present at both hospitals and Waterloo campuses in the afternoon until midnight. Any member of the college community can request a security escort to their vehicles during that time.

There are phones in each classroom and 14 emergency phones across campus, including in the parking lots. A push of a button will alert security to where you are so they can respond immediately.

Security Services looks to improve parking experience

BY DAN HANLEY

As another school year begins in two old long line-ups, including those at the bookstores at Tim Horton's and, for those who drive to school, at the parking permit desk.

However, Safety and Security Services has been working to make purchasing parking permits easier for students. This year they created a new online system (instead of filling out a hard-copy form to get a parking permit, students were directed to the nearby laptops or they could purchase their parking pass online and avoid the long line-up.

Dan Willis, the director of Safety and Security Services at Conestoga College said that new system has been working really well this year. "The whole thing that we're offering this year, which is something new, is that you'll be able to purchase your permits online all year," Willis said online sales usually only last for a certain time period and stop around the first week of classes in September. However, students are now able to purchase online if they decide to buy a parking permit anytime during the year.

"We're trying to improve customer service," he said.

"One major challenge students to have in the cost of park-

ing permits. Leah Finney, a first-year bookstore employee serving students, said, "It's really expensive to park here for the eight months of the year that we're here."

A permit for a normal designated lot including 100T costs \$448 and a semi-annual permit costs \$220.

Willis said he has heard that before but explained the reason they charge for parking permits is to help pay for parking lot maintenance as well as the higher security guards, running the parking lots and parking lines.

However, the cost of parking permits did not increase very much this year.

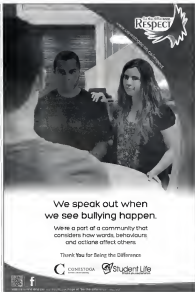
"We've hardly had any complaints about the cost of the permits this year and that's a first," Willis said.

Willis said the goal is to look at other ways to run the school parking system more efficiently.

"Right now the college money goes to your vehicle insurance and that's the primary the things like parking. I do my best to run at the most efficient cost so that I don't have to take money from the educational end of it."

Finney also said she thought that Safety and Security Services did a good job because the parking system and parking guards who work without a permit.

"It's a pain in the butt for them but I like it," she said.






























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C CONESTOGA **StudentLife**

Festival turns a new page

Word on the Street introduces poetry slamming

BY KIAN DOMING

Much like the leaves changing color on the coast of Japan, the spirit of the Word on the Street festival is a new sign that summer has begun its annual surrender to autumn.

The 12th edition of the city's literary celebration, which drew hundreds of people to its new downtown location, was held Sept. 25. Despite a hot sun, breeze and temperatures around 11 C, event co-creator Anne Marshall said the turnout was comparable to last year's, a first she attributes to the festival's change of scenery.

"Having it right in our hell made it really accessible," she said. "We thought it was a great way to engage the downtown business community and add a bit of an urban feel to the festival."

According to Marshall, that desire for an urban feel also inspired Word on the Alley, a new, "edgier" component of the festival which featured a workshop on how to fill a 40 and 40 women with a 100 count beat artist, and a panel discussion on digital storytelling.

The final performance at Word in the Alley and perhaps the most unique was a poetry slam featuring local group The Flying V's.

Poetry slamming, which is gaining popularity among a slant community across the country, is essentially competitive spoken word poetry. Contestants are given three minutes to perform a poem, often from memory, on which they are rated by a panel of judges and audience members. Scores are based on every thing from rhyme and rhythm to tone and aptness to diction and delivery.

The Flying V's, who are preparing to represent Kitchener Waterloo at next month's Canadian Festival of Spoken Word in Burlington, B.C., say they have to redefine the landscape of poetry slamming across the country. For members and group members Lindsay Luck they must to change some of the stereotypes associated with slam poetry.

"Slam culture is male dominated," said Luck. "The context we bring to the stage is considered poetry slams, and our approach to running the events is really different from



Peter Jones, aka Silver Eels, beats a poem in front of Kitchener City Hall at the city's 12th annual Word on the Street festival Sept. 25.



Poetry slamming is hot: The Flying V's perform at the festival's new Word in the Alley. Members include (left to right) Lindsay Luck, Angela Lee, Erik March and J.J. Jones.

what you would see at a rap or hip hop show."

"Team member Angela Lee and the other three group that helps to make the art form less about competition and more about communication."

"It's not first and foremost a competition with us, it's a community-building poetry event," said Lee. "It's freedom of speech with accountability

to your community."

One way for the community to get involved and back is to give members of the audience a vote even if they don't have a microphone. The group does this at their own events by promoting a type of audience feedback known as slamming circles or "passed humming" where audience members have at the poets when

they disapprove of either the content or the delivery.

"We have given our audience tools to participate their experience, which is part of community care and keeping it democratic," Luck said.

"If you're speaking stuff people don't agree with, they will let you know," added group member Erik March. "So if you're gonna speak your



Lindsay Luck is author and entertainer Erik Temple gets the kids jumping.

truth, you better be prepared for some feedback."

According to Lee, who has been writing poetry seriously for six years, it can be difficult to decide whether or not your truth is always worth speaking.

"The big question you need to ask before you write a poem for the stage," said Lee. "Is it comfortable sharing that?"

Given the different personalities and life experiences of the Flying V's whose ages range from 20 to 30, the group's contest varies most by one of the members' poems tells a comical tale of her "broody" with phrasal and dense due to a delivery inflexible tone, while other contestants explore more serious issues such as body image and capitalism.

And while all five members of the group have significant experience of poetry and a good understanding of which poems they will read at any given competition, they say they need to have the flexibility to adapt.

"If the poet who went right before us did some particularly brilliant poem, we're gonna read our really mediocre three-minute poems to respond," Lee said.

Wordsmiths at heart: all of the members consider slam poetry an art form in and of itself, but agreed it is not one they want to be defined by. "I don't consider myself just a slam poet," said Luck. "I consider myself a storyteller."

For more information about The Flying V's and poetry slamming, visit www.flyingv.ca

Kitchener museum displays rare exhibit

BY STEVE HODDYMAN

If there is one thing the residents of Kitchener need to do before Brexit, it is to visit the downtown museum's Treasures of China exhibit and catch a rare glimpse of the 1,900-year-old hand-carved statues.

Provided with an unrivalled gift and accompanied opportunity, the Kitchener museum has been loaned 48 hand-carved statues from the Dazu County in China. The statues represent a collection of Buddhist, Taoist and Confucian beliefs, and date back to the seventh and 10th centuries, with the oldest statue on display being around 1,900 years old.

The statues were hand-carved by monks and are so masterfully precise, similar to wood, despite being made from stone. They will be on display until March.

The exhibit also showcases numerous contemporary art paintings where the artist has drawn the Dazu Mountains and painted there. These paintings focus more on the Buddhist aspect of the stone and some are so big they fill entire walls.

The museum has also recently signed a friendship agreement with the Dazu County Museum in Chongqing, "It's a city of 32 million people, and we have just finished signing a friendship agreement with them," said David Marshall, CEO of THE MUSEUM. "They have loaned us 40 colorful granite and porphyry depicting rural life in the countryside."

The incredibly bright and eye-catching painted granite faces found only in Chinese folk culture and were Chinese legends.

Throughout the exhibit's run the museum will be hosting regular programming

to go along with the display including Buddhist ceremonies, dance films and guest speakers. A more detailed list of what is offered is available on their website at THEMUSEUM.ca.

The staff at the museum are excited about this unprecedented opportunity. After all, in the world of museums, this deal has moved at lightening speed with conversations starting in China only 14 months ago.

Marshall is delighted by all the support within the community and hopes the showcase will draw considerable interest.

"This is over the top for us, and certainly something over our weight, and I just hope that the community and those who read about it come and see it because it really is a once-in-a-lifetime opportunity. Anytime it's done here it goes right back to China, you won't be able to see it anywhere else."



PHOTO BY STEVE HODDYMAN

David Marshall, CEO of THE MUSEUM, along with staff members Mary Fettes and Susan Morris, stand with the statues from their Treasures of China exhibit on Sept. 25.

Local artists entertain at harvest fest

BY ANN HANSEN

In the Hospice part of Cambridge, music and dancing were seen as people gathered in the downtown area.

Live music from local artists filled the air. There were also local vendors, musical acts and other entertainment on Queen Street, which was closed for the third annual Hospice Harvest Festival on Sept. 25.

The free annual event was organized by the Hospice Village Neighbourhood Association.

"We do this event to bring us all together as a community and to promote community spirit," said Amanda Horne, the association's recreation co-ordinator.

The festival featured a bounce crew, kiddie fan truck, balloon animals, live painting and cupcake decor.

ing. Performers Shredhead performed in front of Mary's on Queen while at the same time other musicians performed on a musical stage next to The Company of Neighbourhood Harpists. Harpists Centre on Tenney Street.

Amanda Horne, whose Great is a member of Pavey's Bandstand, and it's a good and enjoyable family event as Harpist with local artists and lots of activities for the kids.

"It's good for celebrating the end of summer, to celebrate the end of a season and the start of a new one."

How else just was the Harvest Festival. Participants were able to travel to each business on the property and receive a stamp on each page for a chance to win two VISA Red tickets along with other prizes. Horne said the association was able

to build momentum with at least 14 other businesses in the area.

They also added a vegetable station, where locally-grown harvest was sold and a coloring contest for the kids. Ken Doyle, treasurer and the association was also looking at adding fireworks for next year's festival.

The participants weren't the only ones who benefited from this event. The businesses on Queen Street remained open during the festival and supported the association.

"The merchants make money and we let the kids have fun," said Doyle. "The best part about it is seeing the kids, the kids on their faces."

For a small downtown area, the crowd was big. He said the turnout was almost double this year over last's.

"Each year it's growing bigger," he said.



PHOTO BY ANN HANSEN

The Pediatric Harpists play music for kids at the Harvest Festival on Sept. 25.

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Teepee-raising falls short

BY SARAH BARAKAT

The swirl of food and sounds of drumming and chanting filled the air during a traditional Aboriginal ceremony that was held at the college on Sept. 23.

Consequently, the Aboriginal Services held the "Welcome Back" celebration to raise a teepee and kick off the new school year. Students, faculty and members of the Aboriginal community attended and were encouraged to take part in the traditional activities. Guests were treated to heart-healthy food, such as more soup and dry bread, as well as leaf salads.

Jon Sheerman, an elder from the community, was a special guest at the ceremony. Having been a former early childhood education teacher at Coastview, Sheerman had attended previous traditional powwows, but the teepee raising ceremony was his first at

the school.

Don Tim Alaridge, a student on the ceremonial potlatch program, is so strong to the ceremonial celebration.

"This is my fourth teepee-raising ceremony," she said, adding that the ceremonial potlatch took much longer than at previous events.

The ceremony began at 10 a.m. and lasted, with the help of Aboriginal Services manager Myronia Henry, began to construct the teepee.

Almost everyone in attendance had a hand by getting up the poles and holding them in place until the rope was tied and the poles were secured.

The first attempt to raise the teepee was halted after nearly two hours due to an uneven surface, the tarp that wraps around the outside of the poles didn't reach all the way around.

After a much needed break for food, the second attempt on flat ground was much

more successful and quick. However, just before the stakes were put in the ground to stabilize the teepee, it tipped over.

"This has never happened to me before," Sheerman said.

Stakes were not barking, however, and it was decided that everyone would try again another day, so the celebration had passed the obstacle making time of 2 p.m.

Jonas Sheerman, the liaison officer for Aboriginal Services and all guests having a teepee at the college. "Welcome come and learn with the elders for study groups and drum circles," she said.

Located beside the pond at the rear of the school, Sheerman said, "It's a great spot because you can see it from the highway. We get a lot of comments."

Over time, the teepee will remain standing until mid-November when it will be put away for the winter months.



Photo by SARAH BARAKAT

Lake Macdonald, the Aboriginal Services administrative support clerk, serves guests traditional fare along at the teepee-raising ceremony on Sept. 23.

Laptops vs. PCs: which is best?

BY HAROLD HUNTER

Computer technology has advanced rapidly over the past 20 years, from the desktop monitor and tower computer to laptops.

Victor Dink, computer supervisor at First Step who grew up with either a high performance computer or a portable computer, said that computers nowadays have found the correct spot.

"I can get a PC that is a lot more powerful and a lot less expensive than a laptop."
— Amanda Whaley

"In my generation, you had your conventional laptops which were the 15.6 inch that would give you your best bang for your buck. But the drawbacks were much more portable around the 10-inch range." However, he said notebooks were of limited use because of their processing power due to a single core processor.

A notebook usually only had one or three gigs of RAM because access memory. Dink said, while the conventional laptops had plenty of extra RAM but weighed a lot and

were too heavy to carry. So, the laptops that are sold today meet in the middle.

With technology advancements companies that construct laptops are able to make smaller more portable laptops without sacrificing good performance or battery life.

However, Dink said newer laptops are required to reach a certain benchmark. They're expected to be under a certain weight, under a certain thickness and be able to start up in a certain amount of time. Dink said these new laptops are also a little more costly.

Amanda Whaley, a WallacePoly administrative assistant, thinks otherwise.

"I typically bring a laptop or a PC that is a lot more powerful and a lot less expensive than a laptop. You're constrained by battery life and depending on how much you need open to get your work done, then can use it out and it will not only slow it down but it will show an error power button. I also find that the screen size is hard to read."

Whaley said laptops are great if you need to be portable at all times.

"Portability is absolutely a huge down side, but for me, for not being a huge laptop user, the portability is the only feature that sells it."



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Intramurals underway

BY MARK FIDELLERMAN

The dodgeball court has been bustling and the ice rink has been crowded all this week for intramurals.

Cowesaga's intramural program kicked off this semester with a dodgeball tournament, topping the participant list this year are indoor soccer and ice hockey as usual.

The winter sports will be offered again in the winter semester, giving all teams a fresh start. Winter term intramural signups began the first week back in January.

Ilana Rosenzweig, athletic coordinator at Cowesaga College, is running the intramural program and said even though intramural sports are recreational they are still very competitive. She said one student has signed up for three sports and plans to do more in the winter term.

It is possible to start a new intramural sport. If there is enough interest behind it, Rosenzweig said that basketball would probably be the first

one to join the list.

"I would consider basketball. We have a lot of people come on to play, but there is no room, no room for any more," said Rosenzweig.

She also said she would like to start a new program involving swimming if Cowesaga had a pool but at this point in time, that idea is going to have to sit on the back burner.

Brandon Jarosz, a first-year new services (business) student, has suggested that the college add outdoor hockey if there is enough interest.

"I love outdoor hockey," he said.

However, other students are happy with the current lineup of sports, particularly ball and ice hockey.

"I like hockey as I'm pretty much obsessed," said Steve Perry, another first-year new services (marketing) student.

If you have new program ideas or would like to be a broadcaster or referee for these games, contact Ilana Rosenzweig at rosenzweig@cowesaga.ns.ca for more information.

SEE THE WORLD ALL AROUND



PHOTO BY JENNIFER LAWRENCE

Mike Taylor, a 23-year-old acting student at Humber College, does impressive backflips in his last-stand routine in *Witchman* on Sept. 23.

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